

## **ABSTRACT OF THE DISCLOSURE**

This invention relates to stable crystalline salts of 5-methyl-(6R,S)-, -(6S)- and -(6R)-tetrahydrofolic acid having a water of crystallization of at least one equivalent per equivalent of 5-methyltetrahydrofolic acid, to methods of producing these salts and to the use thereof use as a constituent for the production of drugs or as a food additive, and to preparations containing these salts.